Introduction to Mindset and Daily Thoughts

– Well, welcome back to another mini session with me. I'm Jana Danielson, your host for the end chronic stress fatigue and burnout the medicine of mindset summit and I just want to thank you so much for starting each day with me now I know you have the option of like just fast forwarding it um but I love that you stay and and start each day with me. So today our little mini session is all about your thoughts as the language of your mind and today you're in for a special treat because at the end of this video there is an experience that I had that I want to share with you.

Now let me frame today. So one of my current obsessions is anything from dr joe dispenser. Now I love watching his series called Rewired on Gaia tv. I sit with my pen and my paper and like I write and I write and I pause and I re listen and I write and I found that I have just learned so much more about the physical body because of the way our mind works and the way that he talks about it Now, I hope you've gotten to the point where you realize that your physical body, you know, movement is medicine and then your brain, your brain mindset is medicine and then your soul like spirit is medicine are not three separate things. They really are.

Rewiring Repetitive Thought Patterns

This trifecta of interwoven pieces that when you can really get into the essence of who you are and get out of the ego um out of a diagnosis, out of the you should that maybe the people around you uh communicate to you what really is is underlying there.

And so one of the really important things that I learned from Dr. Joe lately is that of the 60 to 70,000 thoughts we have in a day. Now, that's a lot of thoughts.

So of those 60 to 70,000 thoughts that we have in a day, about 80 to 90% of them are the same as we had yesterday. So if you continue to apply that statement, that means that of the 60 to 70,000 thoughts we had yesterday, 80-90% of them are the same as you had the day before, which would mean they're the same as the week before, in the month before and the year before.

And when we wanna impact change when we want to have, you know, we want to use a really big word, we want to transform and we've seen a lot of examples of transformations, We see it on tv all the time. We saw the, you know, the show, the reality show the biggest loser as an example of transformation.

Alright, that's just one little example where we see someone start, we follow their journey in 12 or 16 weeks later, there they are unrecognizable transformation does have to look and feel that way. It can absolutely transformation and change when we really start to understand the psychology behind it.

It's not just wishing and hoping or it's a new year's resolution or it's a wish when you blow out the candles on your birthday cake right? It's so much more than that because when you realize that when you woke up this morning, 80-90% of the 60-70,000 thoughts you're going to have today are the same as they were yesterday, last week, last month, last year. Now you're gonna hear me say that probably a couple more times before we finish this little mini session together.

So what does that mean? It means that if we want to unlock that cycle and we want to impact change in our body, we need to infuse new thoughts. It sounds simple, doesn't it?

So when you woke up this morning, can you remember what the first thought was that you had and maybe you can't, but when you put things on your radar, ideas, um concepts on your radar, they'll be there for you when you're ready. So I want to encourage you that when you wake up in the morning tomorrow, what if you thought something different than you have been?

What if you woke up and before you got out of bed you just took three deep breaths and you expressed gratitude to

your body regardless of the sleep you had last night.

Using Gratitude and New Morning Habits

Okay? Like let's well we'll get into it this this week and you've um you know, we've got some great experts who are going to be touching on the power of sleep and rest. But what if you had gratitude just for waking up and taking those three breaths already from the first moments upon waking, you are going to be shifting Those 60 to 70,000 thoughts.

So what do you think is gonna happen during the day? If you pause and you do the same thing and then before night, if you do the same thing when your head hits the pillow, before your head hits the pillow, what would start to happen?

What kinds of energy would you be surrounding yourself with? And here's what I'm not saying. I'm not saying that every day is linear, that tomorrow is better than today and next week is better than this week.

That's not it at all, because life is ebbs and flows. Life is contrast, that's meant to be like that without day. How would we appreciate the value of the dark?

We need both. We need the balance, We need the contrast. And when we understand that even in the shadows there is learning to be had. The uncomfortableness can be a gift once you see it with a different set of lenses, all of those things that maybe have, you know, followed you from past experiences and beliefs.

Maybe, maybe you feel like you're wearing a jacket that just doesn't fit right anymore. Maybe that's a sign or has significance that it's time to make some of these changes.

Alright? So here's what I was told once I was told that when you focus on the words, you say that your mind starts to get wired in a different way. And an example of this is the phrase can't wait. Oh, I can't wait for them to get here.

Oh, I can't wait for Saturday. And you know, for date night. Oh, I can't wait. You know, to talk to that person on the phone when your brain hears. Can't and wait. It's almost like these two negatives and I'm just using this little example. So, one of the things that I've started doing is I catch myself when I say that and now I'm finding that I'm not saying it much at all.

And instead I say things like I'm so excited about Saturday when I get to go on date night with Jason, right? And I use the I'm so excited as a replacement for.

Thoughts, Feelings, and Brain States

I can't wait just to change the way my brain hears my thoughts, right? Can you imagine those voices in your head how powerful they are? And I want you to understand just this is a really simple way of explaining the brain. This is not um you know, a very intricate way of explaining it, but I want you to understand that there are like three parts to your brain. All right, we have the neocortex and that's like the CEO of your brain.

Alright then we have and and think of it. like the Yeah, like like the boss, like the judge gets to decide what comes in. All right. Then we have more of the of the feeling brain Alright. It's the limbic brain.

So if the CEO of your brain is wearing his or her, you know, really fancy business suit the limbic brain is going to be you know, wearing stretchy stretchy leggings for yoga class, Pilates class or spin class. Alright. It's going to be more about that kinesthetic feeling in your body, right? And then we have more of the wisdom part of the brain. And think of that.

I always think of this part of the brain. Like if I was going to Coachella or in the seventies, if I was going to like a music festival, I'd be wearing like my fringy leather vest and my cut off shorts and my hair would be in braids And imagine those three versions of you in your brain all the time. All right.

The CEO attempts to be CEO 24 7 and doesn't allow that feeling wisdom part of who we are to be in charge. That ceo acts as the gatekeeper. And so Dr. Joe talks about our thoughts as the language of our mind and our feelings as the language of our body. So here's why when our thoughts and our feelings are on two sides of the spectrum.

We can feel very disconnected. Let me give you an example of that. You're not feeling good, like you're feeling really down and you're going to get groceries and you're in line at the grocery store and it's your turn to go through and the and the clerk at the store says um hi, how was your day? And you say, oh it's great in yours, that very canned answer. Okay, so the grocery store clerk doesn't realize this, but your body and your mind does because your mind is listening to what you're saying, oh it's good, I'm, I'm fine and your mind is like, but no, you're not because there are these little tornadoes of what's going to happen. You're stressed out.

What if you don't succeed, what if they don't call back, how are you going to pay that bill? Like all those kinds of things? And then you've got this feeling, you know, maybe it's a heart palpitation, maybe it's in your gut and the bodies like alert, alert, these things are not in alignment and we get more and more and more disconnected from who we are alright.

Facing Fear and Stepping Outside Comfort Zones

And so that this is really the main concept that I want you to understand today is that our thoughts and our feelings can really stop us from experiencing life in a new way when we're born. We're born with two fears, the fear of loud noises and the fear of falling okay. And you you know when you have a baby and you kind of like, you know, bring them down a little bit and they'll get that little startle response, right?

So for me, I have, I am really working on my need to be in control of a situation and there's probably so many fun things that I have not done in my life because I'm like, oh yeah, but what if all these things could go wrong?

A B C D E F. So I'm just gonna say no, thank you to that experience, right? And so I decided to put my money where my mouth is alright. And you're going to see a video coming up where I chose my in my present self. I chose to nurture my future self by going outside of my comfort zone by turning off that CEO of my brain and allowing my stretchy, you know, fitness pants, my fringy Coachella vest wearing versions of me to have a little fun.

So you're gonna see what I did coming up. It took me a long time to really um be okay with what the video you're gonna see is and I'm not gonna tell you what I did because I want you to watch to the end, but I want you to understand that when, when you're watching that video, there is a shift during one moment of the video from fear and anxiety all at once.

My palms were sweaty and every ounce of me felt like a desert all at the same time and I did it what I set out to do. I did. I let go. I had such an adrenaline rush and it felt so good to accomplish this experience. And my husband Jason, who I call my scientist. My scientist, videoed it all and now you're gonna get to watch it. So I will see you enjoy this video And I hope that it can inspire something in you to start to shift the 80-90% of those 60-70,000 thoughts so that you can start to live the life you really are meant to live, enjoy the video and I'll see you tomorrow.

The Challenge Experience and Closing

– – Good legs up. Put your knees on. Wait right there. Are you back to the school? Like down in front of you? Let's go. Yeah. Oh yeah. Already did. Thank you.